



# PREVENT TYPE 2 DIABETES

TALKING TO YOUR  
**PATIENTS** ABOUT  
LIFESTYLE CHANGE

**84.1**  
MILLION



84.1 million adults —  
more than 1 out of 3 —  
have prediabetes



**9** **OUT** **OF** **10** people with prediabetes  
don't know they have it



Prediabetes increases the risk of:



**TYPE 2  
DIABETES**



**HEART  
DISEASE**



**STROKE**

## LIFESTYLE CHANGE PROGRAM



The lifestyle change program that is part of the CDC-led National Diabetes Prevention Program is proven to help prevent or delay type 2 diabetes. It is based on research that showed:



Weight loss of 5 to 7% of body weight achieved by reducing calories and increasing physical activity to at least 150 minutes per week resulted in a 58% lower incidence of type 2 diabetes



For people 60 and older, the program reduced the incidence of type 2 diabetes by 71%



After 10 years, lifestyle change program participants had a 34% lower incidence of type 2 diabetes

## The lifestyle change program provides:



A trained lifestyle coach



CDC-approved curriculum



Group support

16

16 weekly meetings with monthly follow-up

Your patients will learn to make achievable and realistic lifestyle changes



Eat healthy



Incorporate physical activity into daily routine



Manage stress



Solve problems that get in the way of healthy changes

## PATIENT ELIGIBILITY



18 YEARS AND OLDER

AND



OVERWEIGHT

AND



DIAGNOSED WITH PREDIABETES

OR



PREVIOUSLY DIAGNOSED WITH GESTATIONAL DIABETES

## HOW YOU CAN HELP YOUR PATIENTS

Test your at-risk patients for prediabetes



Refer your patients to a CDC-approved lifestyle change program

Learn more from CDC and find an approved lifestyle change program at

[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)

### REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.

Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Data are from the Multiple Cause of Death Files, 1999-2015, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on April 4, 2017.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.